

Household Commodity Fact Sheet

**TOMATOES, FRESH**

Date: April 2009

Code: F215

PRODUCT DESCRIPTION

- Fresh tomatoes are U.S. No. 1 or better.

PACK/YIELD

- Each bag contains 1 pound of tomatoes. There are about 3 large tomatoes in a pound. 1 pound of fresh tomatoes is about 2 ½ cups chopped or 3 cups sliced tomatoes.

STORAGE

- Tomatoes should be stored in a cool, dry place. Do not store in a plastic bag. Store in a single layer, as stacking tomatoes may cause them to become mushy.
- Fresh tomatoes may be frozen whole, chopped, or sliced. Wash tomatoes and remove the stem, store in a tightly closed plastic bag, then freeze up to 8 months.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To remove the seeds from a tomato, cut the tomato in half. Squeeze the tomato gently, or loosen seeds with a spoon and scoop them out.
- To chop or slice a tomato, remove the stem with the tip of a sharp knife. Remove the seeds, if you like, according to above instructions. Cut tomato into individual slices, or chop into small pieces.
- Tomatoes may be cooked in the microwave. Remove the stem and cut tomatoes in half. Microwave on high 3 to 4 minutes for 4 halves; 5 to 6 minutes for 6 to 8 halves.

USES AND TIPS

- Tomatoes can be baked, broiled, roasted, boiled, or stewed, and may be used in a variety of dishes such as sauces, casseroles, salads, and side dishes.
- Fresh tomatoes are delicious eaten raw on top of salads or in sandwiches.
- For a quick and easy sandwich, top slices of whole grain bread with sliced tomatoes, sprinkle with reduced fat cheese, and broil until the cheese melts.

NUTRITION INFORMATION:

- ½ cup chopped tomato counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of tomatoes has 15% of the daily recommended amount of vitamin A and 20% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Keep tomatoes that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (90g) fresh tomato, chopped or sliced

Amount Per Serving

| | | | |
|-----------------|----|--------------------------|---|
| Calories | 15 | Calories from Fat | 0 |
|-----------------|----|--------------------------|---|

% Daily Value*

| | |
|---------------------|-----------|
| Total Fat 0g | 0% |
|---------------------|-----------|

| | |
|------------------|-----------|
| Saturated Fat 0g | 0% |
|------------------|-----------|

| | |
|--------------|--|
| Trans Fat 0g | |
|--------------|--|

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|------------------------|-----------|
| Cholesterol 0mg | 0% |
|------------------------|-----------|

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|-------------------|-----------|
| Sodium 0mg | 0% |
|-------------------|-----------|

| | |
|------------------------------|-----------|
| Total Carbohydrate 4g | 1% |
|------------------------------|-----------|

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|------------------|-----------|
| Dietary Fiber 1g | 4% |
|------------------|-----------|

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|-----------|--|
| Sugars 2g | |
|-----------|--|

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|-------------------|--|
| Protein 1g | |
|-------------------|--|

| | |
|---------------|---------------|
| Vitamin A 15% | Vitamin C 20% |
|---------------|---------------|

| | |
|------------|---------|
| Calcium 0% | Iron 2% |
|------------|---------|

*Percent Daily Values are based on a 2,000 calorie diet.

SIMPLE TOMATO SALAD**MAKES ABOUT 4 SERVINGS****Ingredients**

- 3 fresh tomatoes, sliced
- 2 tablespoons vegetable oil
- 2 teaspoons lemon juice
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{2}$ cup reduced fat cheddar cheese, shredded

Directions

1. Place tomatoes on a plate.
2. Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper.
3. Top with cheese. Serve cold.

| Nutritional Information for 1 serving (about $\frac{3}{4}$ cup) of Simple Tomato Salad | | | | | |
|--|-------|--------------------|-------|-----------|--------|
| Calories | 100 | Cholesterol | 0 mg | Sugar | 3 g |
| Calories from Fat | 80 | Sodium | 60 mg | Protein | 3 g |
| Total Fat | 8 g | Total Carbohydrate | 4 g | Vitamin A | 50 RAE |
| Saturated Fat | 1.5 g | Dietary Fiber | 1 g | Vitamin C | 14 mg |
| | | | | Calcium | 75 mg |
| | | | | Iron | 0 mg |

*Recipe adapted from Recipezaar.com.***BASIC TOMATO SAUCE****MAKES ABOUT 6 SERVINGS****Ingredients:**

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 3 garlic cloves, chopped
- 1 pound fresh tomatoes, seeds removed and chopped
- 1 tablespoon dried basil, oregano, or Italian seasoning (if you like)
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons tomato paste

Directions:

1. Heat oil in a large skillet over medium heat. Add the onion and cook until soft. Stir in garlic and cook 1 minute.
2. Stir in tomato, black pepper, salt, and sugar. If using basil, oregano, or Italian seasoning, add that too.
3. Cook 15 minutes.
4. Stir in tomato paste and cook another 15 to 20 minutes.

Tip

Try this sauce as a topping for cooked pasta.

| Nutritional Information for 1 serving (about $\frac{1}{2}$ cup) of Basic Tomato Sauce | | | | | |
|---|-----|--------------------|--------|-----------|--------|
| Calories | 80 | Cholesterol | 0 mg | Sugar | 4 g |
| Calories from Fat | 40 | Sodium | 140 mg | Protein | 1 g |
| Total Fat | 5 g | Total Carbohydrate | 8 g | Vitamin A | 40 RAE |
| Saturated Fat | 0 g | Dietary Fiber | 2 g | Vitamin C | 13 mg |
| | | | | Calcium | 25 mg |
| | | | | Iron | 1 mg |

Recipe adapted from Recipezaar.com.